

Almond Wheat Treats

1 cup margarine	1 cup wheat bran flakes cereal
1 cup powdered sugar	½ cup finely chopped almonds
½ teaspoon almond extract	Toasted almonds, optional*
2 cups all purpose flour	Powdered sugar, optional

In large bowl, beat margarine until fluffy. Add powdered sugar and almond extract and beat. Add flour and mix well. Stir in cereal and almonds until well blended.

Using about 1 tablespoon of dough, shape into a round ball. Place on ungreased baking sheet about two inches apart. Flatten slightly. May top with an almond. Bake in preheated 325° oven 15 to 18 minutes or until a light golden brown. Cool about one minute and transfer to wire rack. Cookies may be rolled in powdered sugar. Makes three dozen cookies.

*To toast almonds: Place on flat pan, bake in preheated 350° oven about 10 minutes until a light golden brown.

Nutritional analysis: Each cookie provides approximately: 104 calories, 1 g protein, 10 g carbohydrates, 0.7 g fiber, 7 g fat, 0 mg cholesterol, 16 mcg folate, 0.7 mg iron, 68 mg sodium.

Peanut Butter Bread (bread machine recipe)

1 cup + 2 tablespoons water, room temperature	1 teaspoon salt
½ cup peanut butter, smooth or chunky	3 ½ cups bread flour
¼ cup brown sugar, packed	1 tablespoon wheat gluten flour, optional
½ cup peanut butter chips	1 ¾ teaspoons bread machine or quick rise yeast
2 tablespoons chopped peanuts, optional	

Combine ingredients in bread machine in order given by manufacturer. Use white bread or sweet dough cycle. Test dough with finger during mix cycle to see if more water or flour is needed. Dough should be slightly sticky, yet pull away from sides of pan.

When done, cool on a rack for 20 minutes – slice and serve with jelly, butter, peanut butter or honey. Makes one large loaf – 16 slices.

For pull-apart bread: Make dough in the dough cycle as directed above. Remove and cut into 32 equal portions. Roll into balls and place smooth side down in greased 9x5-inch loaf pan or bundt pan. Let rise until doubled in size. Bake in preheated 375° oven 35 to 40 minutes. Cover with foil after 20 minutes to prevent a dark crust. Bread should be golden brown and sound hollow when tapped. Cool on rack 15 minutes and serve. Bread “balls” should be pulled off, not sliced.

Nutritional analysis: One slice provides approximately: 176 calories, 7 g protein, 27 g carbohydrates, 2 g fiber, 6 g fat, 0 mg cholesterol, 56 mcg folate, 2 mg iron, 198 mg sodium.